Signs Of All Kinds

Posted For Sale

For Rent

chartpak

Velvet Touch Lettering

The Times Virginian

Offers

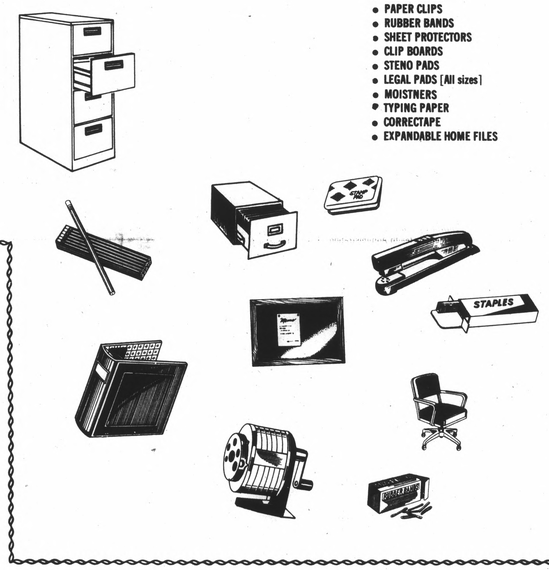
A

Complete Line Of

OFFICE SUPPLIES

We list only a few

- PAPER PUNCHES
- POSTAL SCALES
- LEDGER SHEETS
- LEDGERS
- NOTEBOOK
- LEGAL PAPER
- PAPER CLIPS
- RUBBER BANDS
- SHEET PROTECTORS
- CLIP BOARDS
- STENO PADS
- LEGAL PADS [All sizes]
- MOISTNERS
- TYPING PAPER
- CORRECTAPE
- EXPANDABLE HOME FILES



WHAT EVERY BRIDE WANTS

Wedding Napkins

Monogram Stationery

Socially correct for weddings .....

Party Announcements

Anniversary Invitations

Make Shopping

A Pleasure

Give A Gift Subscription

To The

TIMES - VIRGINIAN

A Gift To Enjoy For The Whole Year

TIMES-VIRGINIAN

Court Street Phone 352-8215 Appomattox

CANCER Answer line

American Cancer Society

A regular feature, prepared by the American Cancer Society, to help save your life from cancer.

A biology teacher writes: "Can you explain recombinant DNA research and the controls governing it?"

ANSWER line: DNA molecules contain the genetic code that orders the life of each cell, and today many scientists are engaged in "recombinant DNA" research which involves a special kind of biological engineering. Certain enzymes can be used in the laboratory to separate out and "recombine" DNA and proteins in the cells of living things. Insights from this kind of research may help scientists find the mechanism some viruses use to cause animal cancer. Also, genetic recombinations may help scientists manufacture valuable medical substances such as human insulin in the lab or treat plants to improve agricultural yield without the use of chemical fertilizers. Many scientists have been concerned however that recombination DNA research might lead to the creation of new life forms hostile to human beings. Although there has been no known example of this happening, the National Institutes of Health have issued protective guidelines to insure that such research be done under strict safety standards. Both NIH and the American Cancer Society will support recombinant DNA research only under these guidelines.

"Can relaxation techniques help me in my struggle to give up cigarettes?"

ANSWER line: Relaxation techniques may help you, but a study done at the University of Minnesota indicates that if you combine a soothing atmosphere with anti-smoking messages, your chances of success might be better. At Minnesota, one group of smokers was exposed to calming music, seashore sounds, relaxation messages plus motivational anti-smoking messages each night for a week. A second group of smokers was treated to the same regime minus the educational material. By the end of the first week, 72 percent of the smokers in the first group had quit or cut down on smoking while the same was true for only 28% of the smokers in the second group. If you want to add to your relaxation technique, ask your local American Cancer Society Unit for "If You Want to Give Up Cigarettes," a helpful booklet available free of charge.

A florist writes: "My elderly aunt had a major cancer operation and we are now taking care of her at home. Is there any way short of buying one that I could get a wheelchair so that she could spend some time in my shop, which is a cheerful place?"

ANSWER line: Ask you local American Cancer Society Unit to take a look in its "loan" closet, which is a community resource for sickroom equipment for cancer patients being cared for at home. There is never a charge for the use of the equipment.

A restaurant manager asks:

UNDERSTANDING DRUG ABUSE

a health column from the

Alcohol, Drug Abuse, and Mental Health Administration

U.S. Department of Health, Education, and Welfare

Tranquilizer for Animals Is Danger to Humans

The drug phencyclidine, or "PCP" as it is commonly called, has been blamed for the hospitalization of at least 1,000 young persons in one major U.S. city during the last three years.

The young people showed schizophrenia-like symptoms after use of PCP and described its effects as sensations of numbness, extreme suspiciousness, feelings of isolation, and an inability to control their thoughts and actions.

Phencyclidine was originally developed as an anesthetic in the late 1950s, but its use was abandoned because of the drug's erratic and unpleasant side effects. According to a report issued by the National Institute on Drug Abuse, the illicit drug can cause visual and auditory hallucinations, feelings of apathy and estrangement, drowsiness, inability to speak, delirium, abdominal cramps, vomiting, and, in some instances, coma and death.

The drug today is legally restricted to use as an animal tranquilizer.

Depending on the amount taken, PCP may act as a stimulant, depressant, or hallucinogen. Frequently, the purchaser of PCP believes he is buying another drug for it is often sold as or mixed with other drugs such as mescaline, LSD, or cocaine, or sprinkled on marihuana. When sold in capsules, PCP is called "peace pill" or "hog." In powder form it is called "angel dust."

Unlike the usual schizophrenics, PCP users generally have no history of psychosis and respond much slower to treatment.

According to a Federal report issued recently, PCP has replaced LSD as the primary hallucinogen sought by drug abusers. First observed in San Francisco in 1967, PCP under a variety of labels had spread to New York and other major cities by 1969. Today, the dangerous PCP is available in most parts of the United States.

For additional information about PCP and other drugs of abuse, write to the National Clearinghouse for Drug Abuse Information, P.O. Box 1909, Rockville, Maryland, 20850.

STAPLERS & STAPLES and hundreds of other items can be found in our complete selection of office supplies. The Times - Virginian 4-28-tf

GET ACTION-GET RESULTS TRY CLASSIFIED ADS

Dick Bland Attending Showing of Ford - Lincoln - Mercury Cars In Detroit

Mr. E. B. Bland, Vice President and General Manager of Lawson Ford, Inc., Appomattox, today joined thousands of other Ford-Mercury-Lincoln dealers traveling to special preview showings of 1978 model Ford, Lincoln and Mercury cars and trucks in Detroit, Michigan.

The national dealer shows are being held in Detroit for the first time in 18 years and are part of Ford Motor Company's 75th Anniversary observance. The company was founded by Henry Ford on June 16, 1903.

In the Motor City, Mr. Bland and other Ford-Lincoln-Mercury dealers and their wives will stay at the 73-story Detroit Plaza Hotel, located in the new riverfront Renaissance Center. The Anniversary-year cars will be introduced to the dealers at Ford Auditorium, home of the Detroit Symphony Orchestra.

Among the models the dealers will see is the new small Mercury Zephyr car line, the new small Fairmont car line and a redesigned Bronco four-wheel-drive utility vehicle. Mr. Bland will also see the new Lincoln Continental, Continental Mark V, Marquis, Cougar, Bobcat and Capri car lines at the show and the 1978 model Ford LTD, Thunderbird, LTD II, Granada and Pinto car lines.

Public introduction of 1978 model Ford-Mercury-Lincoln Division cars is planned for early October.

NEWS OF SAFETY

Tips On Lawn Vacuums

To keep their carpet of greenery looking its healthy best, many homeowners use a lawn vacuum. Here are some tips on using it safely from experts at the Outdoor Power Equipment Institute.

DRESS RIGHT – Sturdy boots can help you keep a firm footing.

1. Never use any kind of outdoor power equipment without reading the owner's manual carefully. Make sure you know how to use all of the controls and attachments.
2. Dress properly—with sturdy boots to prevent you from slipping and falling.
3. Keep children and pets away from the equipment.
4. Learn how to stop the machine in an emergency.
5. Alway be sure to disengage the power before you clean the machine or remove lodged debris from your path.

Follow these safety tips and you might be rolling out the green carpet for a more beautiful lawn.

BURIED IN BILLS?

WE'LL DIG YOU OUT THROUGH OUR CLASSIFIED PAGES

Use our result-getting classified ads to sell your extra household goods for quick cash. Buyers are looking for all sorts of things, an opportunity for you to get that extra cash to pay those bills.

CALL 352-8215

Times - Virginian

Health-wise

By Helen F. Andrew, M.S., Health Educator

Let's Get Out of the Breakfast Rut (2)

Last week we promised to suggest ways to make breakfast more appealing as well as more nutritious.

The basic breakfast of fruit, whole grain cereal and milk is capable of endless variations —most commonly with eggs, bacon or sausage. These, however, have the disadvantage of being high in cholesterol and should be used with restraint.

So let's look at some ways whole grain cereals can provide the protein and fiber needed to keep the blood sugar level from dropping before lunch-time. Used with milk (skim, if you are watching calories or cholesterol), these cereals provide protein of as high quality as animal proteins which are high in fat and in cost. And their fiber slows the digestive process.

Cooked cereals are better nutritionally and cost far less than the processed kinds. Vary the menu with brown rice, seven-grain cereal, steel cut oats, whole wheat, hominy grits, corn meal, millet. Instead of sugar, use raisins, dates, figs or bananas.

Use whole wheat, buckwheat and soy flour in waffles or pancakes. Cut down on sugar by offering pureed fruit (apricot is especially good) or gravy as an alternative to syrup over waffles or pancakes.

Try grape juice or canned berries hot over toast. Thicken the juice with cornstarch (about 2 tablespoons to a pint) mixed with a little cold water and added to fruit as it comes to a boil. Or spread peanut butter on toast and top with hot applesauce.

If your family grows tired of oatmeal, glamorize it by using it in these oatmeal-raisin breakfast cookies:

¾ c. margarine or oil
½ cup brown sugar, packed
3 tbs. molasses
2 tsp. vanilla
½ tsp. salt
3 eggs (or part egg replacer)
6 tbs. evaporated milk
2 c. whole-wheat pastry flour
2½ c. rolled oats
1 c. seedless raisins, plumped (simmer in water and drain)
⅔ c. chopped nuts

Cream margarine; add sugar gradually; cream thoroughly. Add molasses, vanilla, salt. Blend. Add eggs, one at a time, beating thoroughly. Add milk and sifted flour alternately. Add remaining ingredients at one time and fold together. Let stand a few minutes to let rolled oats soften. Drop by large spoonfuls on oiled cookie sheet, spreading out dough to generous size. Bake at 350 until delicately browned (about 20 minutes). Serve warm for breakfast.

© 1975 as a community service of the Health Department, General Conference of Seventh-day Adventists.

STAPLERS & STAPLES and hundreds of other items can be found in our complete selection of office supplies. THE TIMES-VIRGINIAN

Europe's most successful new car in history is now at

LAWSON FORD, INC.

1978 FORD

FIESTA

Ford Fiesta 3-Door with Sport Group.

The remarkable success of the new Fiesta in Europe has surpassed even the most popular cars from Volkswagen, Renault and Fiat. Behind that success are these good reasons.

GREAT FEATURES!

- Hatchback. Load, unload easily through rear door.
- Easy service. See-through battery, radiator, brake fluid units.
- Goes 0-50 in an average of 8.8 seconds (an average of 9.1 seconds, Calif. emissions equipped models).
- 7,500-mile or six-month, whichever occurs first, intervals for oil changes (normal driving). Many life-lubricated parts.
- Front-wheel drive. Go in snow, even on ice.
- Room. Seats four adults. More back seat leg room than *any other imported or domestic car in its class.*
- Transverse-mounted engine gives nearly flat floor.
- Fold-down rear seat. For 29 cu. ft. loadspace.

GREAT MILEAGE! GREAT PRICE!

EPA-rated at **46** MPG HWY./**34** MPG CITY*

AS LOW AS $3755.00 ** Delivered

** (Fiesta with Sport Group Option shown above is $4245.00.)

†A car that has outsold every new car nameplate ever introduced in Europe, based on a comparison of sales in the first six months.

*Your actual mileage may vary, depending on how and where you drive, car condition and optional equipment.

HURRY IN! DRIVE FIESTA TODAY!

LAWSON FORD, INC. FORD

When America needs a better idea, Ford puts it on wheels.

Route 460 West Va. Dealer Lic. No. 2 PHONE 352-8221 Appomattox, Va.